Chapter 25
Manicuring
“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”

– Henry Ford
Objectives

• Identify the four types of nail implements and/or tools required to perform a manicure.
• Explain the difference between reusable and disposable implements.
• Describe the importance of hand washing in nail services.
• Explain why a consultation is necessary each time a client has a service in the salon.
• Name the five basic nail shapes for women.
Objectives (continued)

- Name the most popular nail shape for men.
- List the types of massage movements most appropriate for a hand and arm massage.
- Explain the difference between a basic manicure and a spa manicure.
- Describe how aromatherapy is used in manicuring services.
- Explain the use and benefits of paraffin wax in manicuring.
- Name the correct cleaning and disinfection procedure for nail implements and tools.
• Describe a proper setup for the manicuring table.
• List the steps in the post-service procedure.
• List the steps taken if there is an exposure incident in the salon.
• List the steps in the basic manicure.
• Describe the proper technique for the application of nail polish.
• Describe the procedure for a paraffin wax hand treatment before a manicure.
Nail Technology Tools

• Equipment
• Implements
• Materials
• Products
Equipment

- Table and lamp
- Client and technician chairs
- Gloves
- Finger bowl
- Disinfection container
- Client arm cushion
- Service cushion
Equipment (continued)

- Gauze and wipe container
- Trash containers
- Supply tray
- UV or electric polish dryer
- Electric hand/foot mitts
- Terry cloth mitts
- Paraffin bath
Implements: Reusable

- Metal pusher
- Nipper
- Tweezers
- Nail clippers
Implements: Disposable

- Brushes and applicators
- Wooden pusher
- Nail brush
Materials

- Abrasive files and buffers
- Two- or three-way buffer
- Disposable or terry towels
- Gauze, cotton, pads
- Plastic or metal spatulas
Professional Cosmetic Products

- Soap
- Polish remover
- Nail creams and oils
- Cuticle removers
- Nail bleach
Colored polishes

Base coat

Hardener
  – Protein, formaldehyde, dimethyl urea

Top coat
• Nail polish dryers
• Hand cream or lotion
• Nail conditioners
• Sunscreens
Basic Manicure

• Pre-service: cleaning tools, preparation
• Service: step-by-step plan for service
• Post-service: caring for client after procedure
Hand Washing

• Washing prevents the spread of communicable diseases.

• Wash hands before and after each client.

• Have clients wash hands before service.

• Provide clean nail brushes.

• Hand sanitizers do not replace hand washing.
Client Consultation

- Follow the 10-Step Consultation Method found in Chapter 4 of *Milady Standard Cosmetology* textbook.
## Choosing a Nail Shape

<table>
<thead>
<tr>
<th>SHAPE</th>
<th>DEFINITION</th>
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<tbody>
<tr>
<td>SQUARE</td>
<td>The square nail is completely straight across the free edge with no rounding at the outside edges.</td>
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<tr>
<td>SQUOVAL</td>
<td>The squoval nail has a square free edge that is rounded off at the corner edges. The nail extends only slightly past the fingertip.</td>
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<tr>
<td>ROUND</td>
<td>The round nail should be slightly tapered and usually should extend just a bit past the fingertip.</td>
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<tr>
<td>OVAL</td>
<td>The oval nail is a conservative nail shape that is thought to be attractive on most women's hands. It is similar to a squoval nail with even more rounded corners.</td>
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<tr>
<td>POINTED</td>
<td>The pointed nail is suited to thin hands with long fingers and narrow nail beds. The nail is tapered and longer than usual to emphasize and enhance the slender appearance of the hand.</td>
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</tbody>
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Photos courtesy of European Touch; © Milady, a part of Cengage Learning.
Choosing a Nail Color

• Complement skin tone.
• Coordinate with clothing.
• Allow client to choose.
Applying Polish

- Base coat
- Two coats of polish color
- Top coat
- Thin, even coats to create maximum smoothness and minimum drying time
Men’s Manicure

- Procedure (same as basic without colored polish)
- Men’s nail shapes
- Men’s massage
- Basic color
- Marketing to men
Massage Benefits

- Promotes blood circulation
- Relaxes muscles
- Relieves pain
- Soothes and relaxes client
General Movements

- Effleurage (gliding)
- Petrissage or kneading (lifting, squeezing)
- Tapotement (rapid tapping)
- Vibration (trembling, shaking)
- Friction (pressing one layer over another)
Special Manicures

- Spa manicures: include massage and exfoliation
- Theme manicures
- Aromatherapy: use of volatile essential oils
Paraffin Wax Treatment

- Paraffin: petroleum-based product that has excellent sealing properties to retain moisture in the skin
- Heating units: solid wax melted into a gel-like liquid and maintained at temperature between 125 and 130 degrees
Nail Art Techniques

- Freehand
- Airbrush
- Glue-on
- Three dimensional
- Simple to complex
- Portrait
- Modern
Nail Art
Practical Class Procedures

• Pre-Service Procedure
• Post-Service Procedure
• Hand Washing
• Handling an Exposure Incident
• Performing a Basic Manicure
• Hand and Arm Massage
• Polishing the Nails
• Paraffin Wax Treatment
Summary and Review

- Name four types of nail implements used to perform a manicure.
- What is the difference between reusable and disposable implements?
- Why is it important for both the client and the nail tech to wash their hands before nail services?
• Is a consultation necessary each time a client has a service in the salon? Why?
• Name the basic nail shapes for women.
• What is the most popular nail shape for men?
• Which massage movement is most appropriate for a hand and arm massage? Why?
• What is the difference between a basic manicure and a spa manicure?
Summary and Review (continued)

• How is aromatherapy used in manicuring services?

• Explain the use and benefits of paraffin wax in manicuring.

• List the correct steps for cleaning and disinfecting nail implements and tools.

• What would be on the manicure table if properly set up?
Summary and Review (continued)

• What are the steps in the post-service procedure?

• What is an exposure incident and what steps should be taken if one occurs?

• List the steps in a basic manicure.
Summary and Review (continued)

• How is nail polish properly applied?

• What is the procedure for a paraffin wax hand treatment before a manicure?
Congratulations!

You have completed one unit of study toward course completion.